

World Ocean Day Recipe

Skipper Otto Wild Albacore Tuna Salad

Featuring Windset Farms bell peppers, soba noodles, summer peas, honey lemon miso dressing, sesame & scallions

By Chef Ned Bell

This fresh, flavour-packed dish celebrates the World Ocean Day event on June 8 with The Beach Club Resort, highlighting sustainable BC seafood alongside vibrant produce from local partners. The Beach Club Resort, an Ocean Wise-certified destination in Parksville, BC, proudly supports responsible ocean stewardship and sustainable local sourcing through events like our Ocean Wise Feast.

The Skipper Otto Wild Albacore Tuna Salad is ideal for casual gatherings and celebrates the ocean's bounty and community connections. Lean, nutritious, and sustainable, this recipe features albacore tuna (or wild BC salmon, halibut, or BC spot prawns) complemented by Windset Farms' bell peppers and crisp summer peas.

Chef Tip:

Searing tuna briefly enhances its natural texture and flavour, keeping it tender and rare inside—perfectly complementing the fresh vegetables and sweet and citrusy miso dressing.

Ingredients:

Albacore tuna (3-4 oz per person), seasoned with salt and pepper
(Substitute: Wild BC salmon, Pacific halibut, or BC spot prawns)

Soba noodles (3-4 oz per person), cooked until just tender, drained and cooled (Substitute: Angel hair pasta)

2 cups Windset Farms bell peppers, sliced

2 cups summer peas (fresh peas in the pod, snap, or snow peas), blanched and chilled

2 tbsp toasted sesame seeds

4 tbsp green onions, sliced

Honey Lemon Miso Dressing:

1 cup fresh lemon juice (or lime)

1½ cups canola oil

1½ cups regular olive oil

⅓ cup honey (or real maple syrup)

⅓ cup Dijon or grainy mustard

⅓ cup golden miso paste

2 tbsp salt

Blend lemon juice, mustard, honey, and miso paste briefly, then slowly drizzle in oils until emulsified. Store refrigerated up to 1 month.

Assembly:

On a platter, arrange soba noodles, bell peppers, and peas, adding fresh greens if desired. Thinly slice the seared tuna and place atop the vegetables. Generously drizzle dressing over the salad, garnish with green onions and sesame seeds, and enjoy!